

SPEED SKATING RULE INTERPRETATIONS

SECTION A - GENERAL RULES

- A-1. In cases not covered by these interpretations, International Skating Union (ISU) rules will govern. Rules can be obtained at www.isu.org.
- A-2. Official events for Speed Skating are: 111M, 222M, 333M, 500M, 777M and 1000M races. Athletes can participate in a maximum of 3 events.
- A-3. At all times athletes are expected to compete to the best of their ability to ensure a quality competition at all levels. Coaches are expected to provide accurate and honest scores of their athlete's ability.
- A-4. Athletes may not wear jeans, jewelry or awards of any kind during competition.
- A-5. The Games Rules Committee will make all final decisions.
- A-6. No advertising or sponsorship are allowed on competition uniforms or warm-ups.
- A-7. Athletes must compete in a Regional event to attend the State Winter Games.

SECTION B - FACILITIES

- B-1. The track shall be on an ice rink with a minimum length of 56.38 meters (185') and a minimum width of 25.90 meters (85').
- B-2. Center of the track should always be set at the middle of the rink.
- B-3. Safety mats must be present during all training and competition. Rink barriers shall be covered by pads from the curve apex block to the center-line of the rink.
- B-4. The pads shall be of double thickness along the rink barrier on the far side of the curve.

SECTION C - EQUIPMENT

- C-1. Speed skaters must wear long-legged and long-sleeved uniforms, knee-pads, shin guards, cut resistant neck protector, gloves or mittens of a protective nature, and an appropriate safety helmet with a hard shell and chin strap. Skaters must wear an ISU approved speed skating helmet held on with straps. The helmet must have a hard shell that is a regular shape with no protrusions and may not have air vents large enough for a skate blade to enter.
- C-2. Elbow pads are optional.
- C-3. Skaters should wear speed skates. In the event speed skates are not available to the athlete, hockey skates may be used. Klap-style speed skates and figure skates may not be worn.
- C-4. Moveable markers of rubber or other suitable material shall be used to mark the track. The number of markers needs to be sufficient to define the track clearly. Seven (7) markers shall be used to mark each curve (turn). No track marker shall be of such size and width nor be fixed to the ice, so that they will not move freely if they are struck by a skater.
- C-5. A tone starter shall be used to begin each race. False starts require a restart. For a hearing

impaired athlete, dropping a hand or flag shall accompany the sound of the tone starter.

SECTION D - RULES OF COMPETITION

D-1. General Rules

- a. All skaters shall start a race with both skates behind the start line.
- b. A skater shall finish the race when the blade of one of the skates first crosses the finish line after completing the appropriate number of laps in the race.
- c. The starter shall give each athlete the chance to do his or her best by:
 1. Giving ample time for each athlete to settle down and take a balanced position after taking their marks.
 2. Starting the sequence over if an athlete is off balance.
 3. Not holding competition too long after the set signal.
 4. Using the starting commands and signals
 - a. "Go to the start" (Starter also points to line for hearing impaired athletes).
 - b. Ready (Starter raises hand for hearing impaired athletes).
 5. Signal the start of the race with the sounding of the tone starter. Starter drops hand for hearing impaired athletes.
- d. Skaters making 2 false starts are disqualified.
- e. No more than 4 athletes on track at one time.
- f. For divisions of 5 or more, 2 division heats will be run.
- g. Disqualifications
 1. When overtaking, the responsibility for any obstruction or collision should be upon the skater overtaking, provided the skater being overtaken does not act improperly.
 2. The skater on the outside of the track should be deemed to be the skater overtaking if skaters are side-by-side entering the first curve.
 3. A skater shall not deliberately impede or push another skater with any part of their body, thereby gaining an advantage.
 4. Any competitor, who unnecessarily slows, thereby causing another competitor to slow up or collide, shall be disqualified.
 5. Any athlete who willfully impedes, improperly crosses the course or in any way interferes with another athlete or conspires with other athletes to cause a race to result otherwise than on its merit shall be disqualified.
 6. A skater shall be disqualified for intentionally moving the corner track markers or failing to skate at all times outside the track markers.
 7. A skater that receives physical assistance during the race shall be disqualified.
 8. The referee may disqualify a skater if the skater deliberately kicks out a skate or throws their body across the finish line thereby endangering another skater at the finish line.
 9. A disqualification must be announced at the end of each heat to the athlete or coach.